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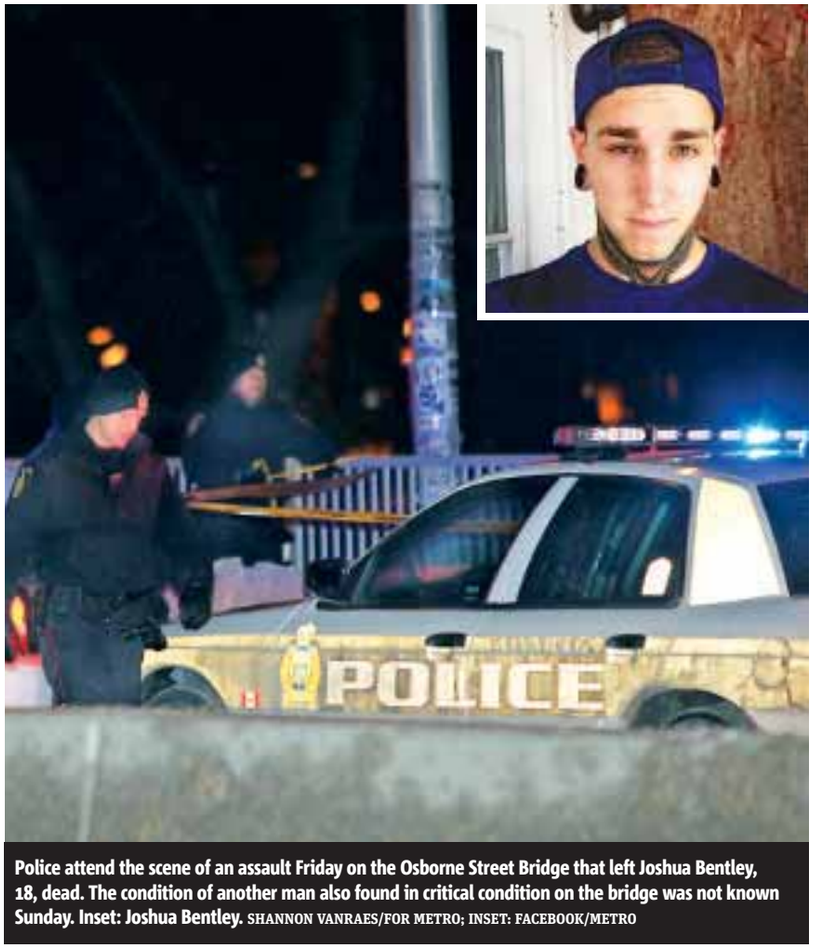
MUSIC'S STARS COME OUT TO SHINE

CANADA'S JENNIFER GASOI WINS HER FIRST. WHO ELSE HOISTED THE HARDWARE?

PAGE 8

91% of RRC grads would recommend their program to a friend.

RED RIVER COLLEGE



Police attend the scene of an assault Friday on the Osborne Street Bridge that left Joshua Bentley, 18, dead. The condition of another man also found in critical condition on the bridge was not known Sunday. Inset: Joshua Bentley. SHANNON VANRAES/FOR METRO; INSET: FACEBOOK/METRO

Teen musician is city's latest homicide: Police

Joshua Bentley. Police are investigating after 18-year-old 'great guy' dies in hospital after altercation on Osbourne Street Bridge on Friday

SHANE GIBSON
shane.gibson@metronews.ca

Friends of Joshua Bentley took to social media over the weekend to remember the young musician police identified Sunday as the man killed following an assault on the Osborne Street Bridge Friday night.

Bentley, 18, and a 20-year-old male friend were found in critical condition on the bridge around 11:30 p.m.

The pair were taken to hospital, where Bentley later died. Police did not have an update on the other man's condition on Sunday.

Police released little information about what led to the assault or exactly how Bentley was killed, but a source told Metro he was stabbed and the attack stemmed from a confrontation that had started with a suspect or group of suspects before the pair got on the bridge.

Quoted

"I can't believe you're gone it doesn't seem real to me ... You'll never be forgotten."

Lisa Hocking, in a post on Twitter in which she called Bentley "a brother I never had."

A makeshift memorial with candles and flowers could be seen Sunday at the spot where the attack happened, and friends on social media remembered Bentley as a talented musician and a "great guy."

"I can't believe you're gone it doesn't seem real to me," said Lisa Hocking, who called Bentley "a brother that I never had" on Twitter Saturday. "You'll never be forgotten."

There have been no arrests made, and police are asking anyone with information to contact investigators at 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS.

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NEWS

SETTING THE BAR PRETTY HIGH

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

OK people ... the bar has officially been set!!!

Until we see, hear or read otherwise ... the Most Fascinating Manitoban of 2014 is, wait for it, JARING TIMMERMAN.

This guy is just straight up a beauty.

While the rest of us did whatever it was we thought was so clever this past weekend, all Jaring Timmerman did was set some more world swimming records at 104 years of age. Like. A. Boss. 104 years old. Swimming!!!

I just love this guy. I hope he knows how many people were talking about him this weekend and how much they admired and were inspired by his swimming prowess.

How was he feeling on the eve of setting a couple of new world records this weekend? "Pumped up, you get pumped up" he told CTV. Best.

So, it's still very early in the year to do something great, be a hero, create something brilliant, change lives, achieve a goal … but the bar has been set and it's been set very high.

Jaring Timmerman may go almost wire-to-wire untouched as the Most Fascinating Manitoban of 2014. Yet another record.

No big deal

All Jaring Timmerman did was set some more world swimming records at 104 years of age.

Five homes had to be evacuated as TransCanada Pipelines dealt with a natural gas pipeline fire, seen in the distance, on Saturday about 25 kilometres south of Winnipeg. COURTESY RCMP

'Extended gas outage' follows pipeline blast

Temporary supplies. Natural gas trucked in for critical sites, warming centres

SHANE GIBSON
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Some 4,000 homes remain without natural-gas service in southern Manitoba as extreme wind chills are expected to bring overnight temperatures near the -40 C mark following Saturday's pipeline explosion near St. Pierre-Jolys.

And a release from Manitoba Hydro Sunday warned customers in the RMs of Hanover, Ritchot and De Salaberry to prepare for an "extended gas outage" while crews with TransCanada Corporation work to fix the break.

"They have some terrible conditions out there, and they've got a lot of work to do — it's tough on those guys," said Manitoba Hydro spokesperson Scott Powell on Sunday, who said Hydro has gotten no timeline from TransCanada as to when service will be restored. "I know they're doing everything they can."

The explosion and fire at a TransCanada Pipelines valve site near St. Pierre-Jolys happened early Saturday morning, sending a massive fireball into the dark sky.

The flames were out by Saturday afternoon and there were no reported injuries.

Manitoba Hydro did have some good news for customers in the area Sunday: Compressed natural gas has been trucked to critical sites in the area, like hospitals, as well as schools and churches being used as warming centres.

Manitoba Hydro is asking residents to turn down thermostats and make sure all natural-gas appliances are turned off, and warned people not to use barbecues or any other unapproved heaters indoors that might produce carbon monoxide.

The Transportation Safety Board of Canada and the National Energy Board are investigating, and RCMP said Sunday the explosion was not suspicious.

WITH FILES FROM THE CANADIAN PRESS

Police hunt one last suspect after Manitoba Warrior sting

Police have arrested two of the three suspects left outstanding following last week's massive roundup of Manitoba Warrior members and associates of the street gang.

On Friday, police announced nearly 60 members and associates of the Manitoba Warriors had been arrested as a result of a nine-month investigation targeting the gang's drug cells.

The sting netted officers a large cache of weapons, drugs, ammunition and cash.

Two adult suspects — Monica Marie Thomas, 34, and Connor Todd Sech, 19 — and a 17-year-old male suspect remained at large.

On Sunday, police said Sech and the male youth have each since been arrested. METRO

Funds. Siloam Mission lobbies city for $4M

Siloam Mission's executive director wants help building a $30.5-million expansion of its buildings and services.

Floyd Perras said his organization, which has been purchasing adjacent properties to its Princess Street site for years, is asking the city for $4 million to put towards an $8.5-million, four-storey front-line services building. Future plans include a $22-million, nine-storey housing complex.

Perras said Siloam is also in talks with the provincial government for help on the project. BERNICE PONTANILLA/METRO

Law. Orthodox archbishop found guilty of sexually assaulting altar boy in 1985

An Orthodox archbishop was convicted Friday of sexually assaulting an altar boy 29 years ago in Winnipeg by a judge who ruled Seraphim Kenneth Storheim's denials were "nonsensical."

"I do not believe the testimony of the accused," Court of Queen's Bench Justice Christopher Mainella said in an oral decision that lasted for two hours.

Storheim, who became the top Canadian cleric for the Orthodox Church in America, was accused of sexually assaulting two brothers who separately lived with him for brief periods in 1985, while they worked as altar boys.

They testified Storheim would walk around naked and asked to be touched sexually.

One brother told court that Storheim got into bed with him while naked. That brother, however, admitted to memory problems and a history of mental illness and Mainella found Storheim not guilty on that charge.

Archbishop Seraphim Storheim HANDOUT

The other brother was very detailed in his recollection of events and was deemed "a credible witness" by the judge.

Storheim denied any inappropriate touching, telling court he was explaining puberty based on some Biblical teachings. The judge rejected Storheim's version of events.

Storheim, 68, sat passively but was attentive as the judge delivered the verdict.

A date has not yet been set for sentencing, and Storheim can still appeal the conviction. THE CANADIAN PRESS

Size

700

The Orthodox Church in America has 700 parishes, missions and other institutions across North America. It is separate from other churches such as the Greek Orthodox Church and the Ukrainian Orthodox Church.

RCMP

Former Manitoba fire commissioner faces fraud charges

A former Manitoba government official has been charged with breach of trust, fraud and forgery.

RCMP Winnipeg's federal organized crime unit said Friday it received a forensic audit report from the provincial comptroller of the Manitoba government.

The audit by the office of the auditor general outlined allegations of irregular financial activities occurring within the Office of the Fire Commissioner between June 2009 and February 2011.

It's alleged that more than $55,000 was paid out on forged claims.

Christopher Jones is scheduled to appear in court in Winnipeg on Feb. 26 to answer to several charges. THE CANADIAN PRESS

Will pedestrian-corridor cameras get green light?

60 days. Police set to release report on how to deal with drivers reportedly blowing through crossings

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A report on the feasibility of red-light-type cameras at pedestrian corridors will be delivered in 60 days, according to Winnipeg Police Chief Devon Clunis.

"I'm looking at the impetus behind this, it's about safety," said Clunis following Friday's Winnipeg Police Board meeting.

Coun. Ross Eadie (Mynarski) said the cameras are necessary because drivers are blowing through the crossings.

He'd like police to consider a fine system like Washington, D.C. employs, or a system that impounds vehicles as the penalty, such as in Calgary.

Clunis said he's open to all ideas that would enhance safety in Winnipeg.

As to how big the problem is, Clunis said the police's admin would be checking their stats.

"We need to go back and look (and ask), 'OK, is this really a primary concern?'" he said.

"Certainly we know that at pedestrian corridors people have been killed in the past, and one death is one too many, but is it a very serious problem? We need to go back and look at that."

Winnipeg Police Chief Devon Clunis said he's open to all ideas that would enhance safety in the city. BERNICE PONTANILLA/METRO

Coun. Scott Fielding (St. James-Brooklands), who chairs the police board and is known for his opposition to the photo-radar program, said he'd reserve his judgment until the police report is delivered.

"My concern with the photo-radar program in the past is that it has been more about revenue than it has been about safety," said Fielding, who is concerned about costs.

"(But) from my point of view, I think it doesn't hurt to listen to ideas."

Should the pedestrian-corridors cameras idea garner support, Clunis said any implementation would require changes to provincial legislation.

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50 YEARS

‘We will try to find the strength to get through this’

A woman holding a picture of her husband, who died in last week’s seniors’ residence fire, arrives for a commemorative service for the victims on Sunday in L’Isle-Verte, Que. RYAN REMIORZ/THE CANADIAN PRESS

L’Isle-Verte. Owner of fire-ravaged seniors’ home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors’ residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L’Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

“What you’re living inside, we are living it inside as well,” he told the gathering, which included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. “We will try to find the strength to get through this.”

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it “a first step toward healing.”

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday’s blaze at the Résidence du Havre.

Searches were hampered Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L’Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze “unacceptable” and said she hopes such a tragedy never repeats.

She told a news conference that everything is being done to provide support for those who survived the fire and to give closure to those still awaiting word on their loved ones.

THE CANADIAN PRESS

Back in session

As Parliament returns, scandal, budget, expected to dominate

MPs return to Parliament on Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy, with next month’s budget the centrepiece of the winter sitting.

But New Democrats and Liberals believe the ongoing RCMP investigation and potential charges against Prime Minister Stephen Harper’s former chief of staff and four senators will keep the government firmly mired in the scandal, as it was for most of last year. THE CANADIAN PRESS

Privacy

Border officials to share personal info with federal government

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border data-exchange program with other federal departments.

The program, in which Ottawa and Washington will start sharing their citizens’ travel and biographic data this summer, means anyone from Canada travelling to or from the U.S. by land will have his or her information passed on to federal departments. TORSTAR NEWS SERVICE

Life’s a beach for Biebs

Justin Bieber spotted relaxing in Panama amid DUI charges

A Panamanian radio and TV host says Justin Bieber has been relaxing on a beach in Panama on a vacation from the U.S., where he faces DUI charges.

Eddy Vasquez was filming a show at the Pacific Coast resort in Punta Chame, about 145 kilometres west of Panama City, when he spotted Bieber and members of his entourage walking along the beach.

He and his crew took pictures of the singer and his companions, who got on personal watercraft and travelled to a nearby island. THE ASSOCIATED PRESS

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Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said, and isolated street brawls broke out in several parts of Bangkok.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup.

"It's a sad day for democracy when the right to vote ... is assaulted by a political movement that claims to be striving for reform and people's empowerment," Sunai Phasuk, a senior researcher at Human Rights Watch, said of the protesters. "Everything that happened today shows they are striving for the opposite."

THE ASSOCIATED PRESS

A Bangkok resident shows her support to anti-government protesters outside a polling station in Bangkok, Thailand, Sunday.

WASON WANICHAKORN/THE ASSOCIATED PRESS

Syria peace talks lead to deal for city under siege

The city of Homs. Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Damascus."

Quoted

"This is a red line. If some people think we are coming here to give them the keys of Damascus they are wrong."

Syrian Deputy Foreign Minister Faisal al-Mikdad

Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition, leave a meeting at the European headquarters of the UN in Geneva on Sunday.

SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

With little progress to show after months of international pressure for the conference in Geneva, the UN mediator hoping to broker an end to Syria's civil war defended their pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970.

In Syria, the war continued as if there were no effort to stop it — gunfire and shelling in Homs, between Assad's forces and rebels, and between the al-Qaida-linked militants and Kurdish fighters, according to the Britain-based Syrian Observatory for Human Rights.

The blockaded districts of Homs came under intense fire that activists blamed on the government, calling into question how any deals reached in remote Switzerland could be implemented or verified in a chaotic civil war with dozens of players that began as a largely peaceful uprising against Assad.

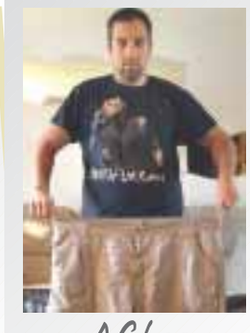
More than 130,000 people have died in less than three years, and millions of Syrians have fled their homes.

THE ASSOCIATED PRESS

TESTIMONIAL

Braydon Mazurkiewich

Before


After

Before joining Shapes, I had bad asthma, a BMI of 45 and I was 332lbs. My New Year's resolution was to lose 10% of my body weight by May. By attending Shapes everyday, sometimes twice a day and maintaining a balanced diet I overshot my goal of 33lbs and lost 68lbs by May. Adding physical activity to my life and eating healthier changed my life completely and I owe it all to hard work, dedication and the motivational staff at Shapes who always went above. Today I weigh 210lbs and have a BMI of 28, I weigh less than I did in Junior High and my doctor doesn't need to see me as often because I'm asthma free and maintaining a healthier lifestyle. If you believe in yourself like I believed in myself, anything is achievable and you'll look and feel great.

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HOW TO ROLL
Alison Griffiths
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hotspot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

Money can't buy their land (for now)

Ron and Jeanne Crumly, seen on their family farm in Page, Neb., say they have no intention of signing to allow the Keystone XL pipeline on their land — whatever they're offered. Cash offers have been skyrocketing, as much as sevenfold, for holdout Nebraska landowners who are willing to sign quickly to allow the Keystone XL pipeline onto their property. The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon. Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose proponents hope to start building this year. One family says it was initially guaranteed $8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to $61,977.84 US. But, just like that old marketing slogan says, the offer's good for a limited time only. Included in the price tag is a $27,000 US signing bonus that shrinks the longer they wait — after 30 days it falls to $18,000 US, then after 45 days it disappears entirely. ALEX PANETTA/THE CANADIAN PRESS

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metro

Accepting cybercurrency

Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin?

A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.

Among the retailers is Quebec bed-and-breakfast operator David Mancini, who expects the payment method will have a practical appeal for foreign tourists visiting his community of Baie-Saint-Paul.

Bitcoin transactions are seen as more convenient than other forms of payments as they are sent directly and instantly from one person to another, avoiding processing and other fees usually charged by banks or third parties. THE CANADIAN PRESS

The world's first Bitcoin ATM in Vancouver in 2013. GETTY IMAGES

Study. Getting Alberta's oilsands products to U.S. involves risks, unknowns

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

The findings are in a 153-page report from last September by the emergency response division of the U.S. National Oceanic and Atmospheric Administration. The unit has expertise in preparing for, evaluating and responding to oil and chemical spills in coastal environments.

Enbridge, the company behind the proposed Northern Gateway pipeline to the British Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or being resolved.

The study examined the several ways to transport Alberta's bitumen, a molasses-like crude oil, over U.S. land and water. Those included rail, the proposed Kinder Morgan Trans Mountain pipeline to Vancouver, the Keystone XL line to Texas from Alberta, and Northern Gateway. THE CANADIAN PRESS

Expert view

The report was written by six experts at the University of Washington and supervised by Prof. Robert Pavia of the university's School of Marine and Environmental Affairs.

- "While there are many arguments about the level of risk, no one believes the risk is zero," Pavia told The Canadian Press, adding that he was speaking personally.

Hope for the best, prepare for the worst

"In my mind it's not a question of whether a spill will occur, but how well-prepared we are for a spill once it does occur."

Prof. Robert Pavia of the university's School of Marine and Environmental Affairs, who supervised the report written by six experts at the University of Washington.

2014: A YEAR OF CIVIC ENGAGEMENT?

URBAN COMPASS

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After four years of spending scandals (police headquarters), questionable management practices (fire halls), odd proposals (water park) and increasing taxes (nearly all of them), the desire for change at city hall appears stronger than it has been in a long time.

And the public might just get what it's wishing for, as Winnipeg is poised to possibly see the biggest turnover at council in decades.

Let's start at the top, where a change in mayor seems increasingly certain.

Polling released in late-December had Sam Katz tracking about even with Rob Ford, Justin Bieber and Joe Mack in terms of popular support.

OK, it wasn't quite that bad, but with just 22 per cent of voters likely to back him, Katz is polling lower than any incumbent Winnipeg mayor in recent history.

While he likely won't announce his decision on whether to run again for several months, the increasingly crowded field of potential mayoral candidates — including Brian Bowman, Scott Fielding, Paula Havixbeck, John Orlikow, Gord Steeves and Judy Wasylycia-Leis — suggests that people don't consider Katz to be a major contender this fall.

Moving on to council, at least two seats will be wide open, as Dan Vandal (St. Boniface) and Fielding (St. James- Brooklands) have both said definitively they're not running for re-election. Vandal is taking a shot at the Liberal nomination for the federal riding of St. Boniface, while Fielding is likely running for mayor.

Orlikow (River Heights-Fort Garry) and Havixbeck (Charleswood-Tuxedo) also say they're serious about their mayoral aspirations, though nothing is guaranteed until the nomination period closes.

So assuming all goes according to plan, that's four open council seats and possibly six credible candidates for what could be an open mayor's race.

While that amount of change is enough to refresh council, the spin-off benefit should be a significant boost in voter turnout. And that means everyone at city hall needs to be on their toes.

If there are citizens out there who have been harbouring dreams of running for council some day, or who want to pursue a significant issue with those who are running, then this might be the year to strike.

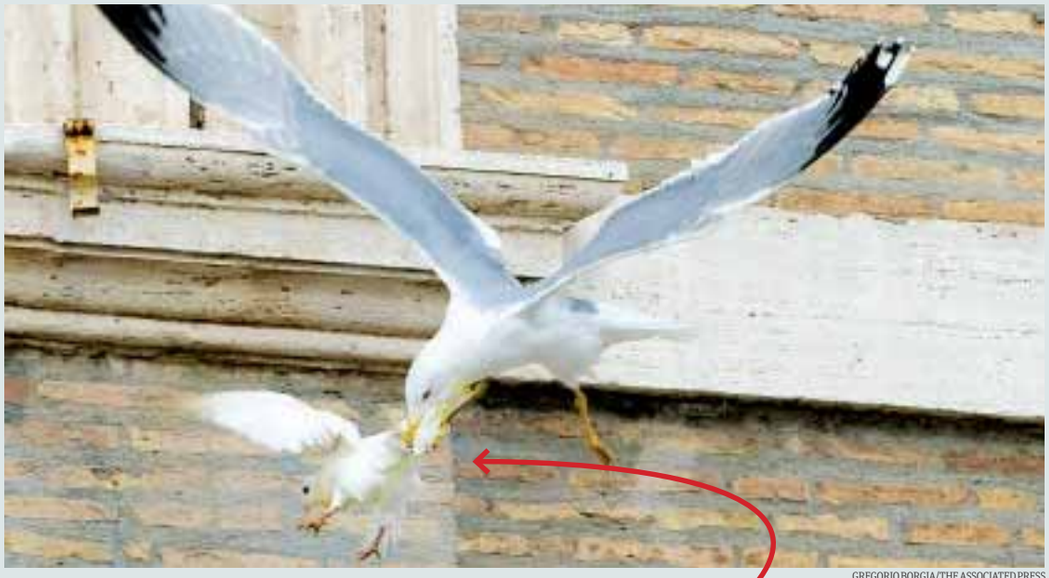
With council facing a hard reset of both its personnel and its priorities, this October's election might set the direction for the next decade of this city. If there was ever a time for Winnipeggers to get engaged with their city, then this is it.

Change is in the air

If there was ever a time for Winnipeggers to get engaged with their city, then this is it.

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS

Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

Two doves which were freed by children flanking Pope Francis were attacked moments later.

The symbols of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a window-sill on a lower floor.

One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine.

THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.

GETTY IMAGES

BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a gesture to send you to your home screen.

Bloard:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to channel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlsinc: Put my head between my legs and kiss my ass goodbye.

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

metro

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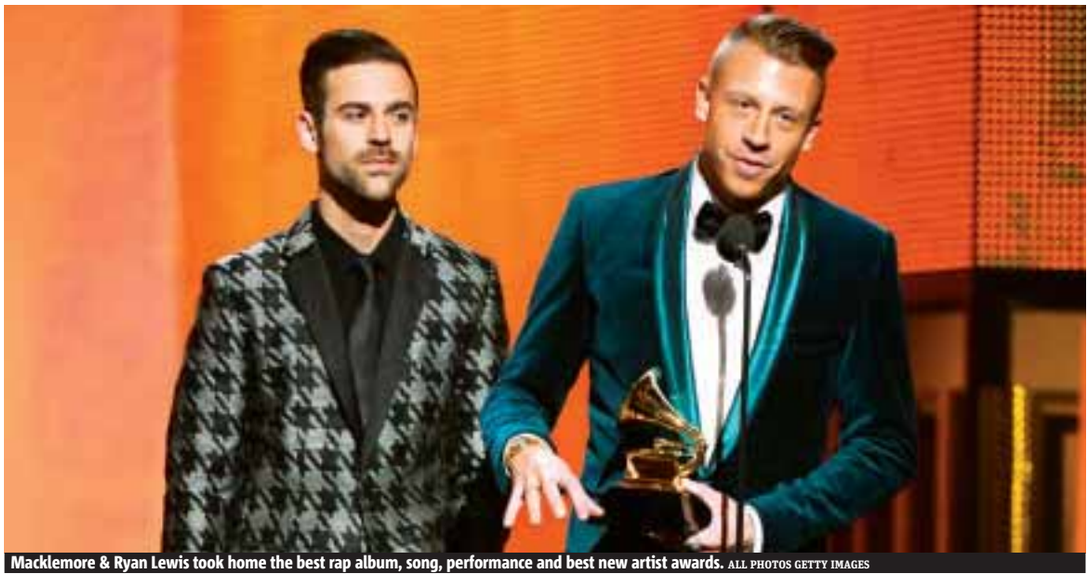
Wow, those white boys sure can rap: Grammys



Macklemore & Ryan Lewis took home the best rap album, song, performance and best new artist awards. ALL PHOTOS GETTY IMAGES

Macklemore & Ryan Lewis clean up. Drake is apparently the best they never had as he is effectively shut out

Macklemore & Ryan Lewis made off with four trophies — including a sweep of the major rap categories — while Daft Punk hauled in four awards near the midway point of the 56th Grammy Awards.

The breakout Seattle pop-rap duo behind Thrift Shop and Can't Hold Us trumped competition including Kendrick Lamar, Kanye West and Toronto's Drake — who entered the day with five nominations but lost four of them during the lengthy pre-telecast — to win best rap song, performance and album before claiming best new artist.

The wins for Macklemore & Ryan Lewis might have heralded a big night for hip-hop, although the victories for the pop-leaning duo over more critically acclaimed works from Lamar, West and Drake were bound to generate controversy in rap circles.

The pair's most substantial competition came from critically beloved French dance duo Daft Punk, who won four Grammys including best dance/electronica album for their influential Random Access Memories and best pop/duo group performance for their summer-stealing Pharrell Williams collaboration Blurred Lines, and record of year for Get Lucky.

Beyoncé and Jay-Z opened up the awards with their first Grammy performance together in years. ALL PHOTOS GETTY IMAGES

As usual, the pair took the stage clad in huge metal helmets and refused to speak, leaving Williams to do the talking.

Beyoncé opened the show with her new single Drunk in Love. She kicked off the broadcast with steam-sopped hair, cavorting suggestively around a chair before a tuxedoed Jay-Z bopped onstage and led his partner down the stairs by the hand, serenading her with his guest verse. Later, Jay Z also delivered one of the evening's most charmingly shambolic acceptance speeches after winning best rap/sung collaboration for his Justin Timberlake hookup Holy Grail. After thanking songwriter The-Dream and Timberlake and "all the typical things," he addressed Beyoncé in the audience.

"I want to thank God — a little bit for this award, but mostly for that and all the universe for conspiring (and) putting that beautiful light of a young lady in my life," he said before hoisting the Grammy up. "I want to tell (daughter) Blue that, look, daddy got a gold sippy cup for you."

The Grammys praise the 17-year-old Lorde with a best pop solo performance and song of the year.

17-year-old New Zealander Lorde won an award for best pop solo performance and song of the year. Elsewhere, Adele claimed her 10th Grammy — this time best song written for visual media for her Skyfall theme — while Rihanna picked up her seventh.

The Grammys also included a reunion of the two surviving members of the Beatles as Paul McCartney and Ringo Starr joined forces for Queenie Eye, with the former seated at a brightly coloured piano at centre stage while Starr gamely slammed away on the drums behind him. The cameras captured Yoko Ono swaying to the music in the crowd.

THE CANADIAN PRESS

Online

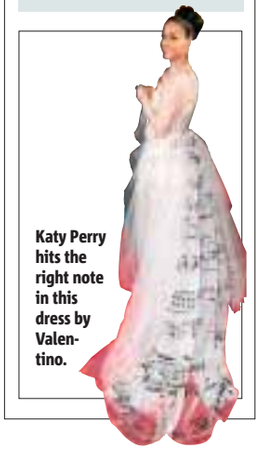
For more coverage and a complete list of winners, visit metronews.ca

Red carpet hotties

Taylor Swift, looking sensational in silver.

Pharrell's OV Mountie-style fedora — or is that Phedora — was the star of the show. It had its own Twitter handle in minutes, with companies like Gain and Arby's trying to horn in on the attention.

Madonna and her son David, in a throwback to her Open Your Heart video, with a bit of a nod to the late, great MJ.



Katy Perry hits the right note in this dress by Valentino.

Ebooks

Spirit Rising

By. Angélique Kidjo & Rachel Wenrick

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Recipes and mp3s add a friendly interactive touch to this charming autobiographical tale of a restless girl in West Africa whose childhood of python festivals and Aretha Franklin records helped nurture her rise into a jazz superstar and advocacy icon. Kidjo is such a playful storyteller; it's a shame the ebook has so few clips of her expressing her personality.

And that's a wrap, Sundance

Festival highlights. This year's edition of the Park City fest was overflowing with exciting indie fare

Most viewers see desperation when Steve Buscemi buries a briefcase full of cash in a snowdrift in Fargo, the 1996 Coen Bros. fictional crime satire.

Not 29-year-old Kumiko (Rinko Kikuchi), the sad dreamer of Kumiko, The Treasure Hunter. She sees opportunity, a chance to reboot her dull life as a Tokyo office tea server by finding the fortune she's certain lies waiting for her in America. She repeatedly watches a faded VHS copy of Fargo, searching for clues and planning an expedition. She calls herself a modern version of the Spanish Conquistadors, who sought gold in the New World.

Kumiko's unique vision makes for humour and pathos in David Zellner's film, one of the standouts at the 2014 edition of the Sundance Film Festival in Park City, Utah, which ended Sunday.

Film festivals pride themselves on presenting unusual viewpoints. But Sundance 2014 was particularly adept at this, premiering exciting works by indie filmmakers that subverted expectations and genre formulae.

This began right from Day 1, Jan. 16, with Damien Chazelle's Whiplash, the story of a promising 19-year-old drummer (Miles Teller), whose aspirations to be the next Buddy Rich are put to the test by a despotic music teacher (J.K. Simmons). What could have been just another coming-of-age saga becomes something altogether superior as both main characters confront the elusive concept of what it means to achieve something beyond the ordinary.

An abundance of quirk is another feature of fests like Sundance and at first blush it looked like Lenny Abrahamson's Frank would be Exhibit A for the prosecution. It stars Michael Fassbender as the gifted yet weirdly demanding leader of an avant-garde rock band, who insists on wearing a giant plastic head at all times. Domhnall Gleeson plays a songwriting wannabe who joins the band.

Boyhood was 12 years in the making. CONTRIBUTED

And last Sunday night at the Eccles Theatre, the largest Sundance venue, was the world premiere of Richard Linklater's Boyhood. Twelve years in the making and running the better part of three hours, the film follows the boy-to-adult transitions of a Texas lad named Mason, played by Ellar Coltrane, who was just 6 years old when filming began in 2002. Boyhood follows the highs, lows and in-betweens of Mason's life with his family and estranged parents, played by Ethan Hawke and Patricia Arquette. The main characters all had to commit to filming for several days during each of the 12 years Linklater was making the film. It's remarkable enough to see Coltrane age before our astonished peepers, but Linklater makes it even more of a trip by eschewing standard date indicators. We're swept up in the organic flow of life, in a film that ranks as the highlight of Sundance 2014.

TORSTAR NEWS SERVICE

Canadians rule at Slamdance

Down the road at the rival Slamdance Film Festival, Canadian filmmakers were making a big impression this year, especially when it came time to hand out prizes. There were four Canuck winners, two features and two shorts: Mark Raso's road-trip dramedy Copenhagen took the Audience Award for Narrative Feature; Matthew Bauckman's and Jaret Belliveau's superhero wannabe doc Elliot took the Jury Award for Documentary Feature; Ian Lagarde's cusp-of-adolescence short Daybreak won the Jury Award for Narrative Short; and Simon Mercer's rural mind trip Glass Eyes of Locust Bayou took the Jury Award for Documentary Short.

Dempsey revved for racing, Grey's Anatomy

Two loves, one guy. Actor eyes up auto events and signs on for a few more years as doc McDreamy

Patrick Dempsey GETTY IMAGES

Patrick Dempsey's acting and racing careers will be intermingled for the foreseeable future.

Dempsey, a driver/owner racing in the Rolex 24 at Daytona endurance event this weekend, confirmed that he has signed a two-year contract extension to continue with Grey's Anatomy.

Dempsey also plans to run a full season in the United Sports-Car Championship, racing in the fourth-tier GTD class.

Dempsey said the acting gig has been a huge help to his other full-time job. Dempsey and co-driver Andrew Davis are racing 13 events, which would be the actor's first full season.

"Grey's does a remarkable job scheduling around these races now, and I wouldn't be able to do it without them," Dempsey said. "The fact that they continue to let me race is remarkable in itself, so I am grateful for that and grateful to have employment that is known around the world. It gives me a platform to come and do this type of thing, and it helps the sponsors."

When the 48-year-old Dempsey was asked whether he's had any thoughts about giving up acting for racing, he said, "When I grow up, I want to race full time."

Dempsey has raced professionally for nearly a decade.

THE ASSOCIATED PRESS

Film. Gravity picks up top prize at directors fete, now poised for Oscar

Alfonso Cuarón was awarded the top film honour from the Directors Guild of America for Gravity on Saturday night, giving the lost-in-space saga an edge on the journey to the Academy Awards.

In the recent bustle of Hollywood honours, Gravity, David O. Russell's con caper American Hustle and Steve McQueen's historical epic 12 Years a Slave had been competing in the tightest three-way Oscar race in years.

But Cuarón's film now has the upper hand for the best-picture and director Academy Awards, and with 10 Oscar nominations, is likely to gain the most statuettes on Hollywood's biggest night March 2. American Hustle also has 10 nominations, but in tougher, more competitive races than Gravity's mainly craft nods.

Meanwhile, the early dominant momentum of 12 Years a Slave has weakened following Saturday night's Gravity win and the results of the Golden Globes on Jan. 12 and last weekend's Screen Actors Guild and Producers Guild awards, at which American Hustle and Gravity had the stronger showings.

In the 65-year history of the DGA awards, the winner has failed to also take home the best director Oscar just seven times. Ben Affleck, who presented Cuarón with his guild award, won the same accolade last year for Argo but was denied a best director nomination at the Oscars. However, like many DGA winners, Argo went on to win the best-picture prize at the Oscars.

While accepting his trophy, Cuarón recalled looking at satellite images of earth from space. "What you cannot see from up there is this bizarre experiment of nature that is the human experience," said Cuarón, a first-time DGA winner. "That experiment is what directors try to sort out with our films."

THE ASSOCIATED PRESS

Box office

I, Frankenstein has wretch-ed showing

Universal's buddy cop comedy Ride Along cruised to the top of the box office again, taking in $21.2 million in its second weekend, according to studio estimates Sunday. The film set a January debut record, with $48.6 million over the three-day holiday weekend. For the second weekend in a row, Universal claimed no. 1 and no. 2 at the box office, with the Afghanistan war film Lone Survivor earning $12.6 million in its fifth week. With a cumulative total of $93.6 million, the relatively inexpensive Lone Survivor, starring Mark Wahlberg, will soon cross the $100 million mark. But I, Frankenstein had a sizable budget estimated at $65 million, yet opened with just $8.3 million. Starring a beefed-up Aaron Eckhart, the 3-D film wasn't screened for critics and came into the weekend with little buzz.

THE ASSOCIATED PRESS

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WORLD PREMIERE of
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• Two nights stay in a luxurious hotel
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You could also WIN tickets to see the movie!
No purchase necessary. Contest open to residents of Canada excluding Quebec, who have reached the age of majority (18) or older. Odds of winner depends on the number of eligible entries received. There is one (1) grand prize to be won across Canada, consisting of a trip for two (2) to the world premiere in New York, NY. There are ten (10) secondary prizes to be won in each market, consisting of a pass for two to see "Winter's Tale". Skill testing question required. Contest closes February 3, 2014 at 11:59pm. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com.

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SAT, FEB 1, 2014 11AM-5PM FREE!
Millennium Library + Park
OUTDOORS in Library Park
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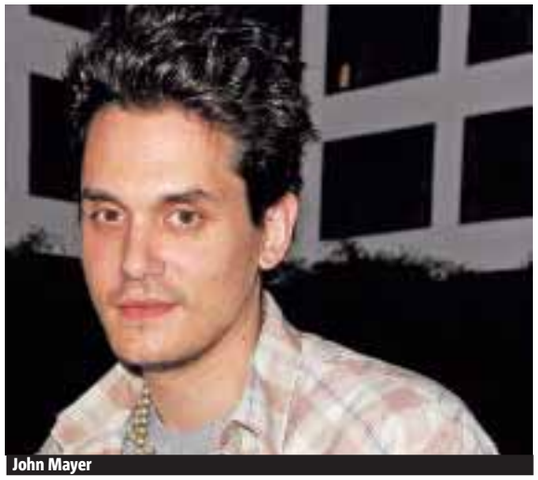
• Hot chocolate
• Fire pit
• Celebrate the art and public space of Library Park
INDOORS in the Children's Section
• Family Story Time @ 11AM
• Hourly readings
• Crafting, Mazes and Crosswords
• Prize draws
For more information, visit: www.winnipegarts.ca
WINNIPEG ARTS COUNCIL
downtown WINNIPEG BIZ
Winnipeg Public Library
2014 YEAR OF URBAN IDEAS
Maze design by HTFC PLANNING + DESIGN

Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she witnessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."



John Mayer

Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."

Blanchett blames Golden Globes speech on the booze

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or off-kilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came up rather late in the evening, so I was a couple of sheets to the wind," she tells the Telegraph. "Once your name is read out, it's a high like no other so I can't remember a lot. I hope I didn't do too many things I'll regret."

Cate Blanchett

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Thanks for the mental images Jen and Ben!

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming a partner in a male strip club. 2) Justin Bieber spends some $75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a Spice Girls reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.

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AS SEEN ON WINDCITY.TV

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Watch the show and follow the campaign at www.windcity.tv

RED RIVER COLLEGE

Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

• Smirking and eye-rolling are Pediatric Association–approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
• Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
• Get at least eight hours of screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.
• Sleep only during daylight hours. Prolonged exposure to sunlight makes you more attractive to the opposite sex . . . who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceits and hidden vices of raising kids

Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,"' McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceits in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of Empoweringparents.com, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the back of the freezer," she said.

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami Beach, Fla., understands. He's the senior vice-president and co-founder of an online start-up that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did.

"It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said. THE ASSOCIATED PRESS

Quoted

"You don't want to teach them bad habits. You don't want to teach them your bad habits."

Elisabeth Wilkins, mom of two
who hides her love of chocolate from her kids by eating it in her bedroom

Internet through kid eyes

A survey of more than 5,400 Canadian kids in grades 4 through 11 found a majority had their own cellphone, while almost one in four of the youngest kids had a mobile device.

The non-profit organization MediaSmarts worked with schools and parents in each province and territory to conduct the survey, which asked kids a few dozen questions about their Internet usage.

It wasn't surprising that nearly 90 per cent of the oldest students have their own cellphone, said MediaSmarts director of education Matthew Johnson.

But it was eye-opening for him to learn that about a quarter of nine- and 10-year-old students had their own device.

"The numbers were definitely higher than we expected at the younger end," said Johnson. "The surprise is definitely in those early three grades (four through six). "

Another surprising finding was how differently boys and girls viewed Internet safety.

"Girls are more likely to agree that 'the Internet is a dangerous place' for them and in general, experience the Internet and the online world as a much more hostile and worrying place," he said.

About 82 per cent of the girls and 63 per cent of the boys surveyed agreed when asked if they thought they could be hurt by online strangers, while 51 per cent of the girls and 61 per cent of the boys said they considered the Internet safe.

Boys and girls view the Internet very differently, according to one survey. ISTOCK

When asked if they're with an adult while using the Internet, 80 per cent said either rarely or never. Among the Grade 4 kids, 30 per cent said usually, 45 per cent said rarely and 20 per cent said never.

"The fact that one in five of the youngest students in this study are saying they're never supervised by an adult ... is definitely worrying," Johnson said. THE CANADIAN PRESS

From the roots up: Beef Barley Soup gets earthy

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

Directions

1. Dust the beef with flour. In a large skillet sprayed with vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

2. In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and the barley is cooked. Add the Worcestershire sauce and salt and pepper.

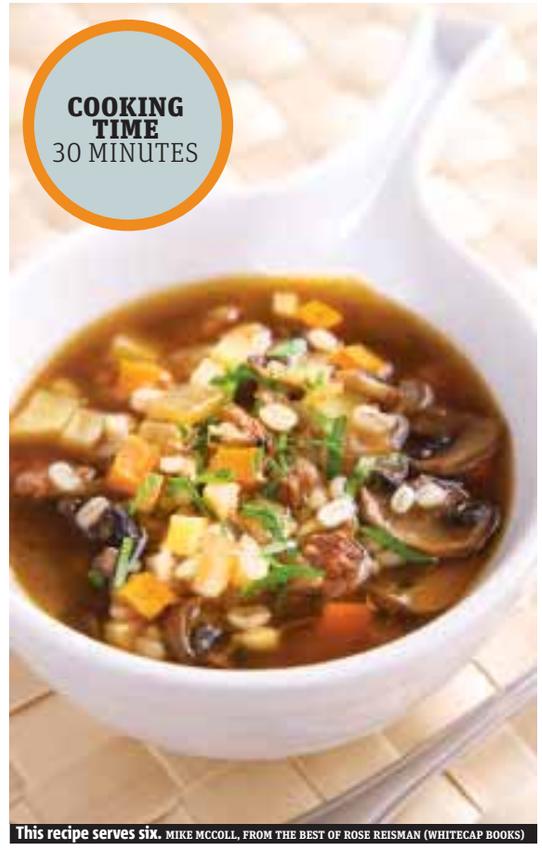
3. Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

FLASH FOOD

From your stove to your table in 30 minutes or less

Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

The tortilla treatment

This Chicken Tortilla Soup recipe serves six. THE CANADIAN PESS

1. In a large saucepan, heat oil over medium heat; add onion and cook until softened, about 3 minutes. Add red and jalapeno peppers; cook for 5 minutes, stirring often. Stir in garlic, cumin, oregano and chili powder; cook for 2 minutes, stirring often.

2. Stir in tomatoes and broth; bring to a boil. Reduce heat, cover and simmer for 20 minutes.

3. Stir in chicken and corn; simmer, covered, until corn is tender, about 2 minutes.

4. Just before serving, stir in lime juice, sugar, salt and pepper. Ladle into bowls and garnish with coriander and corn chips. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 1 sweet red pepper, diced
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 5 ml (1 tsp) each ground cumin, dried oregano and chili powder
- 3 plum tomatoes, peeled and chopped
- 1.5 l (6 cups) sodium-reduced chicken broth
- 500 ml (2 cups) diced or shredded cooked chicken
- 250 ml (1 cup) corn kernels
- 30 ml (2 tbsp) fresh lime juice
- Pinch granulated sugar
- Salt and pepper, to taste
- 30 ml (2 tbsp) chopped fresh coriander
- Small corn chips

People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP.

RAISING THE ROOF

Be real when tackling your study distractions

Killing habits entirely is ambitious. Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI SALEMI
Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

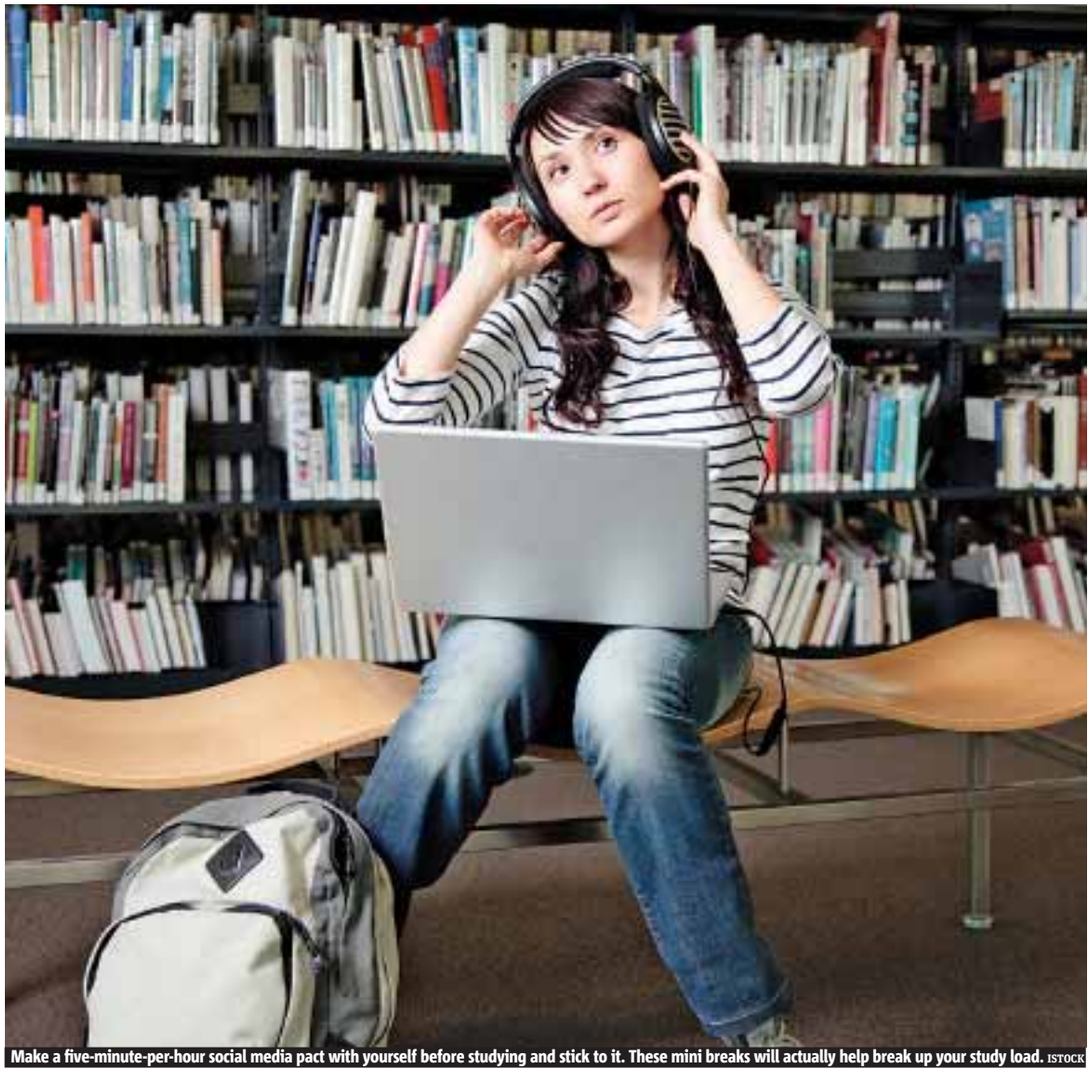
For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.
- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.
- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.



Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

Entrepreneurs find a room of their own

Growing trend of coworking. Shared working environments are the 'happy medium' between traditional office and home

When Matthew Dobbie worked from home as a lawyer, often asking his neighbours or the condo's security guard to act as witnesses, he found it bothered some clients that they were meeting in his living room.

"It was awkward," he said. "I probably lost some clients because the setting didn't seem overly professional."

So, when his sister heard about a company that offered coworking spaces for rent, Dobbie looked it up. Soon after he joined Workplace One. The five-storey building, located in downtown Toronto, is one of 20 establishments that offer fully furnished private offices or private desks in open-concept spaces, with shared access to printing services, conference rooms, kitchens and other common social areas included in the rent.

"I get all that at a lower cost than if I were just renting an office on my own," the 33-year-old lawyer said. "It presents a better front. And it's a nice bonus that I have people to talk to."

In a fast-changing economy, coworking is a shared working environment that meets the needs of freelancers, start-ups, work-at-home professionals, independent contractors or mobile workers.

According to the Global Coworking Census, conducted last February by Deskwanted.wordpress.com — a Berlin-based online portal for finding shared workspaces — the number of coworking spaces worldwide in 2013 had reached 2,498. Europe topped the list with 1,160. Canada had 80. By July, the global count had reached 3,000.

Online coworking magazine Deskmag says the first official coworking space opened in San Francisco in 2005. Ashley Proctor, 32, manager of Toronto coworking space Foundery, thinks coworking is a "happy medium" between the traditional office and the isolation of home.

"You get the best of both worlds — the comforts of home without the distractions of home," she said. "That's the beautiful part."

One of the founding members of CoworkingToronto, a collective established to raise the profile of coworking by working together, said community is the most important aspect of shared workplaces.

"Coworking is not about desk rentals or venue rentals but rather the connections people make with other members and guests in the space," said Rachel Young.

Gil Martinez is a freelance graphic designer who got lonely and easily distracted working from home. In 2011, he became a tenant at Toronto's first coworking space, the Centre for Social Innovation (CSI) in Chinatown, allowing him to get his social fix, and work done.

"Since everyone is there to work on their own stuff, office politics are not a problem," says the 40-year-old. "No one is interested in taking your job, and ... everyone is there to network and make friends."

Some tenants even found love. Edward Nason, 36, and Saara Siddiqi, 35, met at CSI in 2008. On his first day, Nason introduced himself to all the tenants via an email sent from his "hot desk," CSI's name for a temporary desk with unassigned seating. Siddiqi was the only person to respond.

"I think it's just because I sent a picture around," he joked.

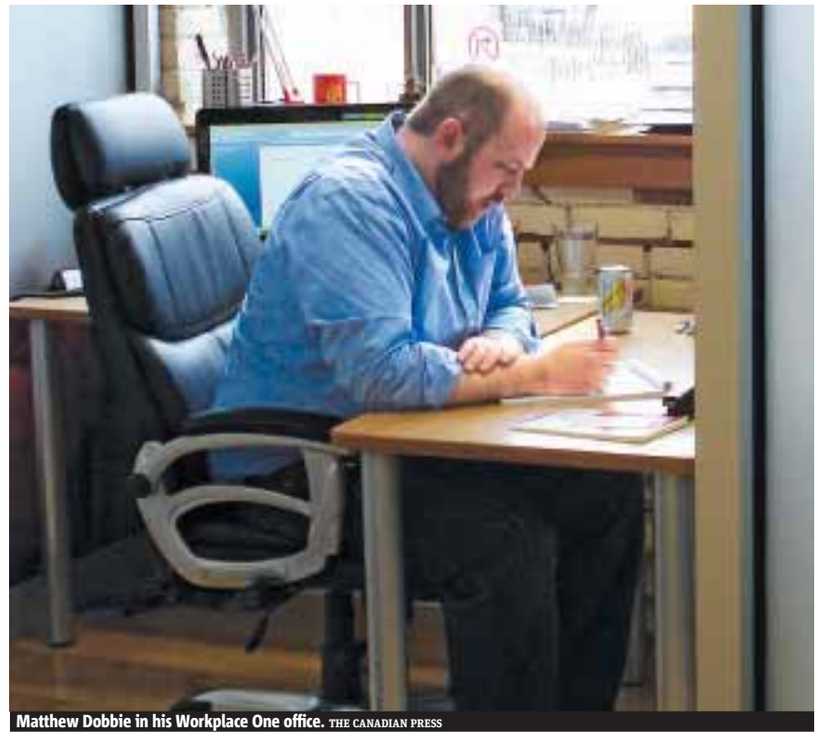
Three years later, they got married and threw their wedding reception at CSI.

Dobbie, the lawyer, has been at Workplace One for just three months, but he has already picked up some business from other tenants in the building and plans to extend his six-month contract.

Private offices there range from $525 to $2,000 per month. Coworking on the ground floor costs $225. These two options can also be rented by the day.

By comparison, gross rent for office space in the downtown area ranges from $35 to $60 per square foot. Workplace One has about 300 members across three locations totalling 75,000 square feet. A new downtown location is due to open in May.

THE CANADIAN PRESS



Matthew Dobbie in his Workplace One office. THE CANADIAN PRESS

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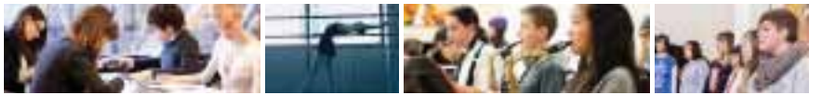

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Deals. Websites scour the Internet to pass along discounts and promotional codes

SHELLEY KILMURY
For Metro

Websites can help you find the best online coupons for savings in a number of categories. ANDREI ZARUBAIKA/SHUTTERSTOCK

The options are staggering when it comes to online coupons.

Websites such as CouponCactus.com have staff scour the Internet for the best online coupons and deals, and then pass those savings along each day.

The site works a number of ways, including using embedded coupons, which allow you to instantly redeem savings at thousands of retailers and service providers at the time of checkout. The code coupon option comes in the form of promotion or discount codes that are emailed to consumers and requires the specific code to be entered at checkout to redeem a specific offer.

There is no fee to join and, along with offering instant discounts, the site also offers cash back to consumers once a purchase or delivery is made.

Although there are printable coupons available for download on the site, the majority of the deals are of the instant variety or via promotional code.

The site hosts more than 4,000 merchants, and deals are bountiful.

Categories for savings include health and beauty products, clothing, travel discounts and accessories, as well as many others.

For those looking to save on travel, Hotels.com Canada is a featured provider, and if you're looking to find a mate at a discount, Match.com memberships are available for more than 50 per cent off.

There is also a link that features Canadian coupons, discounts and deals.

Jump on the sales cycle for savings

Have you noticed that certain items go on sale during specific times of the year?

This is known in the retail world as a "sales cycle," and understanding when items will go on sale may arm you with valuable information to help you shave a few dollars off your budget or help you know when to stock up.

Baking essentials such as flour, sugar and canned goods are discounted leading up to Easter and the Christmas holiday season. Interestingly, consumers will see more sale promotions and coupons for weight loss and cleaning products after the Christmas holidays.

Not surprisingly, the best time to stock up on peanut butter is back-to-school season. But items such as cereal, razors, toothpaste and feminine hygiene products don't appear to have a predictable sales/coupon cycle. However, there tend to be monthly coupons for these items in newspapers and flyers.

By watching trends and asking sales staff when items are typically discounted, you can gauge the best time to stock up on those essentials.

SHELLEY KILMURY

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12 Piece Chicken Dinner with french fries, lg Greek salad, garlic toast & gravy for only $27.99* *No substitutions. *Valid with coupon only. Pickup only. Expires Feb. 28, 2014
Friday Prime Rib Special With all the trimmings. Includes coffee or tea for only $21.99* *Dine in Only. Valid with coupon only. Expires Feb. 28, 2014

4 SPORTS

X Games

Turski golden in ski slopestyle

Canada's Kaya Turski captured her fourth Winter X Games gold medal in women's ski slopestyle Sunday.

The Montreal native, who was competing just five months after having knee surgery on her anterior cruciate ligament, scored 91.33 on her second run to cruise to first place.

That placed Turski ahead of American Maggie Voisin and teammate Kim Lamarre of Quebec City.

Dara Howell of Huntsville, Ont., finished fourth while Yuki Tsubota of Whistler, B.C., was eighth.

THE CANADIAN PRESS

Slopestyle

McMorris to nip broken rib in bud

Regina's Mark McMorris is taking home a silver medal and a fractured rib from Saturday's slopestyle event at the Winter X Games.

McMorris caught his snowboard on the lip of a rail and went sliding down the bar before landing hard on the snow on his third and final run of the day. He stayed on the ground for a few minutes before riding down the hill under his own power.

He was treated and released from the hospital, where X-rays showed he had a fractured rib, but no other damage.

McMorris, the gold-medal favourite heading into Sochi next month, said in a statement that despite the injury, he still has his sights set on Russia, where slopestyle will make its Olympic debut.

THE CANADIAN PRESS

Blackhawks captain Jonathan Toews falls to the ice between Michael Frolik and Jets goalie Al Montoya on Sunday night in Chicago. JONATHAN DANIEL/GETTY IMAGES

Jets chop down champs in Chi-Town

NHL. Former Blackhawk Ladd nets game-winner in rare Winnipeg win at Chicago's United Center

On Sunday

Jets	Blackhawks
3	1

Al Montoya made 34 saves, Andrew Ladd scored his 150th goal and the Winnipeg Jets rallied to beat the slumping Chicago Blackhawks 3-1 on Sunday night.

Blake Wheeler had two third-period goals as Winnipeg won for the second straight day and improved to 6-1 under new coach Paul Maurice. They also averted a season sweep by the Blackhawks, who won each of the first three games.

Chicago dominated the first two periods of its last home game before the Olympic break, but still went on to its third three-game losing streak of the season. The Stanley Cup champions open a seven-game trip Tuesday night in Calgary, and will not play again in Chicago until they take on Pittsburgh at Soldier Field on March 1.

Brandon Bollig scored in the first for the Blackhawks, and Corey Crawford had 18 saves.

Chicago led 1-0 before Wheeler sent a rebound over Crawford's right glove at 8:16 of the third for his 20th goal. Marian Hossa then had a turnover deep in the Blackhawks' end, and Ladd buried the open look against his former team for the tiebreaking goal at 12:53, drawing groans from the sellout crowd at the United Center.

Wheeler added an empty-netter for his fourth goal in the last four games.

Montoya was terrific while subbing for Ondrej Pavelec, who had started the last eight Jets games. The Chicago native shut down the Blackhawks after an early gaffe put the Jets down 1-0. THE ASSOCIATED PRESS

Humphries captures World Cup bobsled title

Canada's Kaillie Humphries, right, and Heather Moyse won the overall two-woman bobsled World Cup title on Sunday. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Canada's Kaillie Humphries edged Elana Meyers of the United States by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title.

Humphries and Heather Moyse of Summerside, P.E.I., finished with three World Cup victories, one silver and one bronze medal.

Making the podium

Canada also won bronze in the four-man race. Lyndon Rush of Humboldt, Sask., Lascelles Brown of Calgary and Edmonton's David Bissett and Neville Wright finished two runs in 1:38.84.

One of the most explosive teams out of the start, the pair set a new women's start record in Konigssee at 5.17 in both runs.

"Kaillie crushed everyone in that first run and I thought she was going to cruise to a win today," said head coach Tom De La Hunty. "But she made a mistake on that second run and when you make a mistake in a snowy race it pays you back double."

Fabienne Meyer and Tanja Mayer of Switzerland won the last race of the season in a two-run time of 1 minute 44.01 seconds. Meyers and Aja Evans climbed six spots after the second run to finish second, just ahead of Humphries and Moyse. THE ASSOCIATED PRESS

NBA

Heat on top again in Finals rematch

Chris Bosh scored 24 points on 9-for-10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season.

THE ASSOCIATED PRESS

NHL

Rangers hit one out of the ballpark against Devils

The New York Rangers beat the New Jersey Devils 7-3 in snow and cold Sunday at Yankee Stadium.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers take on the New York Islanders.

THE ASSOCIATED PRESS

Brad Richards of the Rangers celebrates scoring against Devils goalie Martin Brodeur. GETTY IMAGES

NFL

Manning says he's not ready to ride off into sunset

Peyton Manning might not be ready to call it a career even if he leads the Denver Broncos to a Super Bowl victory over the Seattle Seahawks.

Manning and the AFC champion Broncos arrived in New Jersey on Sunday night for the start of preparations for the big game next week at MetLife Stadium.

The Broncos quarterback, at a news conference aboard the Cornucopia Majesty cruise ship, says he has no plans beyond next Sunday's Super Bowl, but adds that as of now, he "certainly" wants to continue playing. THE ASSOCIATED PRESS

'Peg rink wins junior men's title

Curling. Calvert sweeps up second straight championship for Manitoba

A new face, but the same province, has emerged as the men's champion at the 2014 Canadian Junior Curling Championships.

Manitoba's Braden Calvert and his team from Winnipeg — third Kyle Kurz, second Lucas Van Den Bosch, lead Brendan Wilson and coach Tom Clasper — beat New Brunswick's Rene Comeau 7-5 on Sunday afternoon in the men's gold-medal game in Liverpool, N.S.

It gave Manitoba back-to-back men's titles at the Canadian Juniors, following Matt Dunstone's victory a year ago in Fort McMurray, Alta.

"It's a dream come true, really," said an ecstatic Calvert, whose team will join women's champ Kelsey Rocque of Alberta at the 2014 World Junior Curling Championships, beginning Feb. 26 in Flims, Switzerland. "The guys just played really well all week, and we managed to do it. Unbelievable. I'm in shock right now."

It wasn't a perfect start for the Manitobans, who'd had the berth in the final clinched since Wednesday, as the 18-year-old Calvert nose-hit a blank attempt in the first end, surrendered a deuce to New Brunswick in the second, and was held to one in the third.

"To be honest, it was a bit of a grind," admitted Calvert, an agriculture student at the University of Manitoba. "We tried to stay sharp with practices, but you can't really prepare for what just happened. I think we came out a little sluggish, to be honest. But we managed to grind one out."

In the fourth, Manitoba put the heat on Comeau, and the New Brunswick skip couldn't respond. His hit attempt missed everything and gave Manitoba a game-turning steal of four.

"Really, it was just one shot," said Comeau, whose team from Fredericton was rounded out by third Daniel Wenzek, second Jordan Craft, lead Ryan Freeze and coach Damien Lahiton. "We battled hard and tried to come back. But they're a great hitting team. Once you get down to them, it's hard to come back."

THE ASSOCIATED PRESS

Team Manitoba shows off its medals and trophy after wining the men's junior curling championship in Liverpool, N.S., Sunday. From left are skip Braden Calvert, third Kyle Kurz, second Lucas Van Den Bosch and lead Brendan Wilson. MARK O'NEILL/MICHAEL BURNS PHOTOGRAPHY/THE CANADIAN PRESS

Australian Open final a roller-coaster of emotions

Rafael Nadal addresses the Aussie Open crowd after his loss to Stanislas Wawrinka in Sunday's final. GRAHAM DENHOLM/GETTY IMAGES

Before the tournament had even started, Rafael Nadal described the Australian Open as his unlucky Grand Slam.

But this year it seemed like the injury jinx that had plagued him in previous years — 2006, 2010, 2011, 2013 — had finally lifted.

That was until he got to the final — a match Nadal entered as the favourite against Stanislas Wawrinka. The top-ranked Nadal had beaten Wawrinka in all 12 of their previous matches.

Not only did Nadal lose, 6-3, 6-2, 3-6, 6-3, but he was loudly booed after taking a medical time-out in the second set. He pushed the match to four sets, but the 13-time major winner was struggling. The crowd rallied behind him chanting "Ra-Fa! Ra-Fa!" when he refused to quit.

Nadal apologized to the crowd and to Wawrinka, a friend since they were teens.

"I'm sorry to finish this way," Nadal told the crowd in the 15,000-seat Rod Laver Arena, which erupted in cheers. "This year was one of the most emotional tournaments in my career."

THE ASSOCIATED PRESS

Grand Slam graciousness

"It's really not the way you want to win a tennis match, but in a Grand Slam final I'll take it." Stanislas Wawrinka

Women's final

Li Na made it third-time lucky in the Australian Open final, beating Dominika Cibulkova 7-6 (3), 6-0 on Saturday to become the oldest woman to clinch the Australian title.

- Li, who turns 32 next month, lost Australian Open finals to Kim Clijsters in 2011 and to Victoria Azarenka last year.

Horoscopes

♈ Aries
March 21 - April 20
You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

♉ Taurus
April 21 - May 21
You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

♊ Gemini
May 22 - June 21
Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

♋ Cancer
June 22 - July 23
Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

♌ Leo
July 24 - Aug. 23
If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

♍ Virgo
Aug. 24 - Sept. 23
Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

♎ Libra
Sept. 24 - Oct. 23
You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

♏ Scorpio
Oct. 24 - Nov. 22
Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

♐ Sagittarius
Nov. 23 - Dec. 21
Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

♑ Capricorn
Dec. 22 - Jan. 20
Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

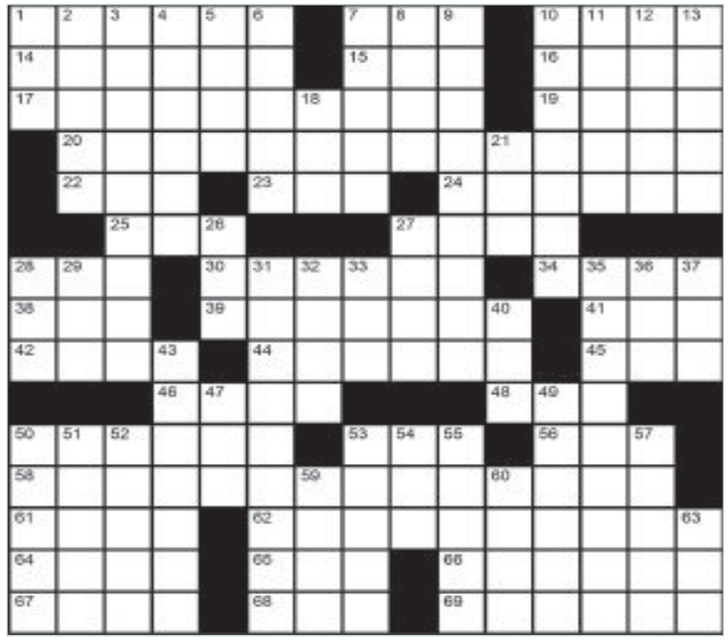
♒ Aquarius
Jan. 21 - Feb. 19
The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

♓ Pisces
Feb. 20 - March 20
A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

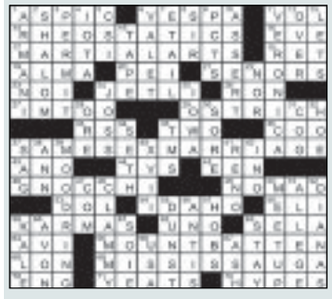
BY KELLY ANN BUCHANAN



Across
1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "__ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont __
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik __
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett
53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's surnamesakes

Down
1. Hugh Jackman's wife, to Hugh
2. "What __ __ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Collie's job
5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could _ __?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers
11. Dispatch boat
12. Tilt-__ aircraft
13. "...so __ __ so forth."
18. Jennifer Lopez's first hubby, Ojani __
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. __-o'-shanter
43. Waltz composer, Johann __ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "_ __ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its __" by Poison
57. Pain relief brand
59. Paddles
60 Nabisco cookie
63. "Affirmative."

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

9	1	8	4	2	3	7	5	6
7	4	3	5	6	8	9	2	1
5	6	2	1	7	9	8	3	4
4	9	5	3	8	7	1	6	2
1	2	7	9	5	6	3	4	8
8	3	6	2	1	4	5	9	7
3	7	4	8	9	2	6	1	5
2	8	1	6	3	5	4	7	9
6	5	9	7	4	1	2	8	3

				7		4	6	5
		3						8
	9				2		1	
			8			1		
5	8		1		6		9	2
		4			3			
	4		7				8	
1						2		
2	7	9		3				

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -25° MIN: -28°	MAX: -18° MIN: -18°	MAX: -13° MIN: -22°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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